

FOOD ACCOMPANIMENTS

UNIT CODE: HOS/CU/FP/CR/03/4/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare food accompaniments**

Duration of Unit: 21 hours

Unit Description

This unit specifies the competencies required plan, preparing and presenting food accompaniments. It involves organizing entremetier section, identifying, cleaning, preparing, cooking, presenting, and dispensing food accompaniments

Summary of Learning Outcomes

1. Organise entremétier section
2. Identify ingredients for food accompaniments
3. Preparation and cleaning ingredients for food accompaniments
4. Cook starches
5. Cook vegetables
6. Prepare side/accompanying salads
7. Present food accompaniments
8. Dispense food accompaniments

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Organise entremétier section	<ul style="list-style-type: none">• Kitchen preparation• Kitchen organization• Kitchen tools and equipment• Kitchen Safety	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
2. Identifying ingredients for recipe	<ul style="list-style-type: none">• Food nutrients• Ingredients for various dishes• Consumer market trends in relation to food• Combining food textures and colours• Factors to consider when selecting foods• Maintenance of ingredients	<ul style="list-style-type: none">• Written tests• Assignments• Supervised exercises• Oral questions• Practical assessments• Projects

Learning Outcome	Content	Methods of Assessment
	ratios <ul style="list-style-type: none"> • Calculation of food quantities and costs 	
3. Preparation and cleaning of ingredients for food accompaniments	<ul style="list-style-type: none"> • Checking quality of ingredients • Sorting ingredients • Cleaning procedures • Preparation methods 	<ul style="list-style-type: none"> • Written tests • Assignments • Supervised exercises • Oral questions • Practical assessments • Projects
4. Cooking starches	<ul style="list-style-type: none"> • Menu planning and preparation • Time planning and management • Types of starches • Factors to consider when selecting starches • Methods of cooking various starches eg rice, potatoes, tubers, chapati, roti, ugali, pasta • Methods of presenting starches • Use of technology in food preparation • Special requests and diets • Food trends • Healthy eating • Value addition 	<ul style="list-style-type: none"> • Written tests • Assignments • Supervised exercises • Oral questions • Practical assessments • Projects
5. Cooking vegetables	<ul style="list-style-type: none"> • Define terms • Classify vegetables • Factors to consider when selecting vegetables • Vegetable cuts • Methods of producing vegetables • Methods of presenting vegetables 	<ul style="list-style-type: none"> • Written tests • Assignments • Supervised exercises • Oral questions • Practical assessments • Projects
6. Prepare side/accompanying salads i.	<ul style="list-style-type: none"> • Define terms • Types of side salads • Factors to consider when selecting ingredients for side salads 	<ul style="list-style-type: none"> • Written tests • Assignments • Supervised exercises • Oral questions • Practical assessments

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> • Vegetable cuts • Methods of production • Salad dressing • Presenting side salads 	<ul style="list-style-type: none"> • Projects
7. Presenting food accompaniments	<ul style="list-style-type: none"> • Food presentation methods • Food product display • Increasing palatability of the food • Developing a market name for the product. 	<ul style="list-style-type: none"> • Written tests • Assignments • Supervised exercises • Oral questions • Practical assessments • Projects

Suggested Methods of Instruction

- Group discussions
- Demonstration by trainer
- Practical work by trainee
- Exercises

Recommended resources

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen
- PPEs
- LCD projector
- White/black boards
- Teaching materials